



## *News Release*

FOR IMMEDIATE RELEASE

4/4/2020

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### **Additional Case of COVID-19 Confirmed in Bremer County**

The Iowa Department of Public Health (IDPH) and the Bremer County Health Department have identified an additional case of COVID-19 in the county.

“We continue to remind residents to take preventive measures to slow the spread of this virus,” said Bremer County Health Department Administrator Lindley Sharp. “It’s important for everyone to stay home as much as possible and to practice social distancing – this simply means to stay away from groups of people, and to keep a 6-foot distance from other individuals.”

Symptoms of COVID-19 include cough, fever (100.4 or greater) and shortness of breath. If you are experiencing any of these symptoms, you should call your health care provider before going into the office. The provider may have special instructions for you and will determine if you should be tested.

All residents should:

- Stay home when even mildly ill (the kind of illness that normally wouldn’t prevent you from your everyday activities)
- Cover coughs and sneezes with a tissue or your elbow/upper arm.
- Wash hands frequently with soap and water for at least 20 seconds.

For up-to-date information on COVID-19, visit the IDPH webpage at <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus> and follow the department on Facebook at @IowaDepartmentOfPublicHealth and on Twitter at @IAPublicHealth.

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